

1 Posture, 3 places: 11 minutes maximum

BABA SIRI CHAND KRIYA

Kriya to Lower Blood Pressure-Regulate the Pulse

*Taught by Yogi Bhajan
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Mudra: Sit with your legs stretched out in front of your body. Place the fingertips of the two hands together, and press firmly.

Pressure: Begin putting a tremendous amount of pressure on the fingertips of the two hands. At the same time, bring the toes back towards the body and tighten the muscles of the legs as much as you can.

Mantra: Whisper meditatively Aah-lakh Baba Siri Chand de Rakh. Place the mudra 3 places. At the:

- * navel
- * nose, and
- * above the forehead.

Time: 3 – 11 minutes. (11 minutes maximum)

End: Inhale and relax.

Comments/Effects: My doctor came this morning and my pulse was 96. And it was not rhythmic. It was just very weak and irregular. He suggested that I should get acupuncture. So I thought, “No, let me fix it.” So I did this Baba Siri Chand Kriya. After 3 minutes, it became 72. I used to do these gimmicks when I taught at UCLA, where I would bring the blood pressure up, and then bring it down. I would make the heart beat very fast, and then make it beat slow. You have a lot of power over your body, mind and your organs. But one thing, you have no will to live. You have never taken this line of life as a gift. It’s not a gift to you. For some it is hassling, some people hustling. Hassling, hustling, to the horror of this, and horror of that. Life is given as a gift. Accept and live it.